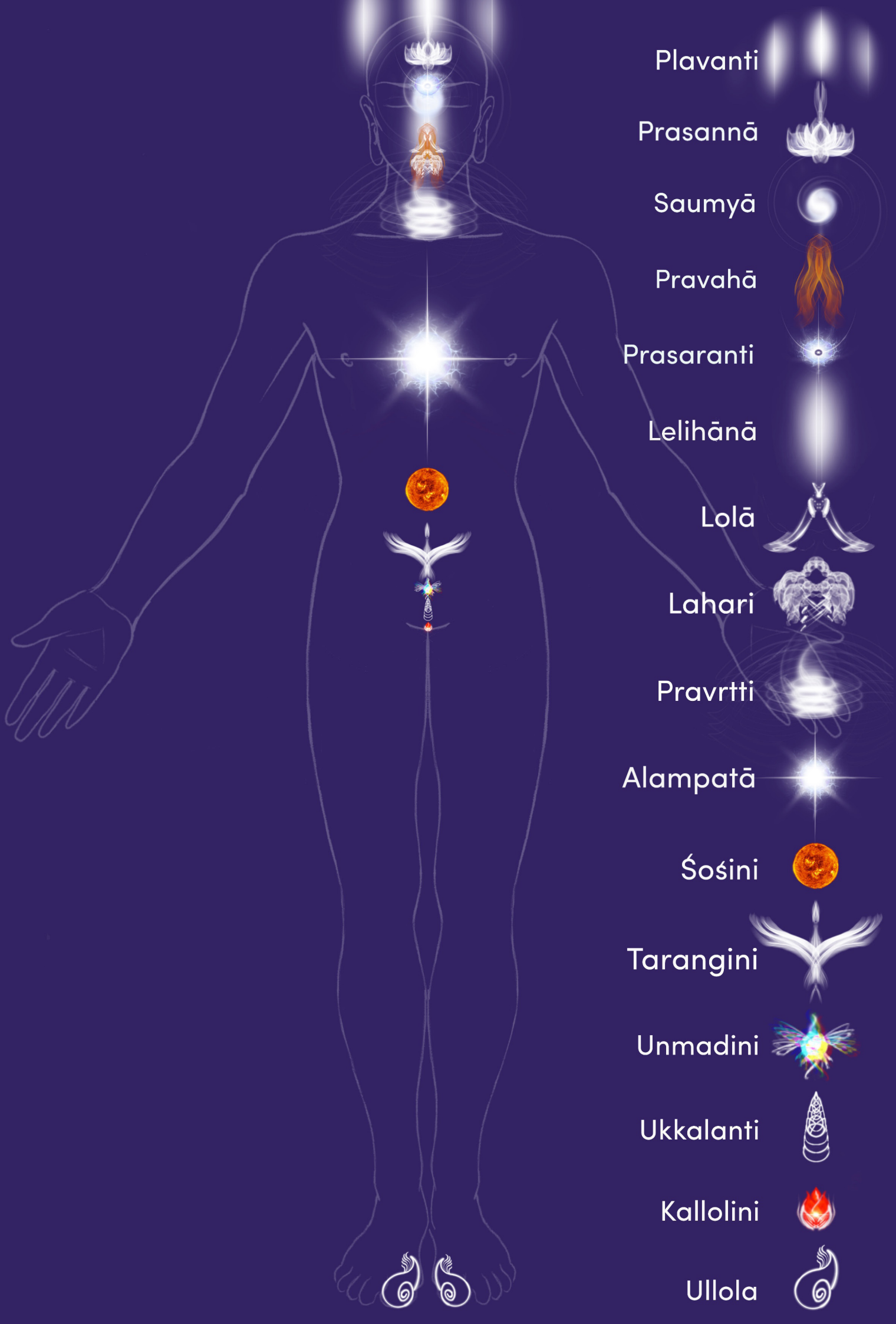
Adharas

An online course with Sundernath


Plavanti
Prasannā
Saumyā
Pravahā
Prasaranti
Lelihānā
Lolā
Lahari
Pravrtti
Alampatā
Śośini
Tarangini
Unmadini
Ukkalanti
Kallolini
Ullola

ADHARAS	MOON DIGITS	LORD	DHYANA ON ADHARAS
Padangusthadara (big toes)	**Ullola** Violently rising swell	**Agni**	Steady Light
Muladhara (perinium)	**Kallolini** Rhythmically rising surge of fulfilling sound	**Brahma**	Ruby red Flame (rosebud shape)
Gudadhara (anus)	**Ukkalanti** Springing shoot (of sound)	**Gauri**	Gudanala (anus)
Medhradhara (genitals)	**Unmadini** Intoxicated by its own sound	**Ganesha**	Vajra nadi
Odyanadhara (root of bladder)	**Tarangini** Softly, swaying rise of hamsa	**Sarpa**	Kanda
Nabhyadhara (navel)	**Śośini** Preservation by drying, increase of hamsa	**Karttikeya**	NadaLaya
Hrdayadhara (heart)	**Alampatā** Power of the solar breath (illumination)	**Sun**	Prana held in a wheel of fire
Kanthadhara (throat)	**Pravrtti** Process (kriya) of its active power	**Śiva**	Tie of the 16 adharas
Ghantikadhara (uvula)	**Lahari** Process (kriya) of its rhythmic harmonious force	**Durga**	Force of Hamsa
Taludhara (palate)	**Lolā** Presence of it's ultimate harmony by it's soft swaying swing	**Yama Raja**	Swaying, swing of harmony
Jivadhara (tongue)	**Lelihānā** Suddenly accelerated direct flow	**Vishwedeva**	Tip of tongue
Bhrumadhyadhara (third-eye)	**Prasaranti** Spreading the blessings of its unwavering directness	**Vishnu**	Spread of steadiness
Nasadhara (tip-of-nose)	**Pravahā** Floating loosely on it's stream	**Kamadeva**	Floating on its stream
Nasamulakavatadhara (root-of-nose)	**Saumyā** Placid beyond aims	**Śiva**	Placid
Lalatadhara (middle-of-forehead)	**Prasannā** Inner joy that beams with the brilliance of diamonds	**Moon**	Joy of light
Brahmarandhradhara (top-of-head)	**Plavanti** Hovering high leap within the brilliantly lite blue sky	**Moon/Manes**	Floating flame upon Hamsa

Note: The waxing cycle of the moon is governed by CHANDRA nadi, while the waning cycle is ruled by SURYA nadi

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